



TIME CAP: 15 MIN

**WORKOUT 1**

DRAKKAR

FOR TIME

750 M ROWER

10 DOUBLE DB DEVIL PRESS

20 DOUBLE DB FRONT SQUAT

500 M ROWER

10 DOUBLE DB DEVIL PRESS

20 DOUBLE DB FRONT SQUAT

250 M ROW

10 DOUBLE DB DEVIL PRESS

20 DOUBLE DB FRONT SQUAT

**VARIATIONS AND WEIGHTS**

ÉLITE - INTERMEDIATE – MASTER 35 - MASTER 40 – MASTER 45 – UNDER 21 –  
TEAM MASTERS

MAN: 2 X 22.5KG

WOMAN: 2 X 15KG

**EXPERIENCE – MASTER 50**

ONE ARM DB ALTERNATED DEVIL PRESS

DB GOBLET SQUAT

MAN: 1 X 22.5KG

WOMAN: 1 X 15KG

**EQUIPMENT**

- ROWER CONCEPT 2 OR EQUIVALENT (THE JUDGING BODY RESERVES THE RIGHT TO REQUEST THE TECHNICAL DATA SHEET OF THE USED ROWER).
- TWO (OR ONE) DUMBBELLS OF THE INDICATED WEIGHT FOR EACH CATEGORY.
- IF AN ATHLETE IN ANY WAY HAS ALTERED THE EQUIPMENT, THE PRESCRIBED MOVEMENTS OR THE SEQUENCE OF THE SAME, HE WILL BE DISQUALIFIED.

**VIDEO SUBMISSION STANDARDS**

- BEFORE STARTING TAKE A VIDEO SHOT OF THE DUMBBELLS SHOWING THEIR WEIGHT CLEARLY.
- FRAME THE ROWER AND THE RESISTANCE.
- CUT VIDEOS WILL NOT BE ACCEPTED.
- USE A TIMER TO HIGHLIGHT THE FLOW OF THE WORKOUT TIME.
- REMEMBER THAT IF DURING THE EXECUTION OF YOUR VIDEO THERE IS MUSIC IN THE BACKGROUND, WHEN YOU GO TO LOAD IT, YOUTUBE COULD CENSOR IT. MAKE SURE THEN THAT THE VIDEO IS VISIBLE, OTHERWISE IT CANNOT BE JUDGED.
- IN CASE OF THE MAXING OUT OF THE TIME CAP, THE SCORE CALCULATION WILL BE: TIME CAP + 1 SECOND FOR EACH MISSING REP ROW (10M = 1 REP)

**STANDARDS****O ROWER**

THE ATHLETE CAN SET THE PEDALS AND RESISTANCE AS HE SEES FIT. THE ATHLETE WILL START SITTING ON THE ROWER, HANDS AWAY FROM THE HANDLE. SHOULD HE START ALREADY WITH HIS HANDS RESTING ON THE HANDLE HE WILL BE PENALIZED BY 3 ADDITIONAL POINTS ON TOP OF THE POSSIBLE PENALTY OR MAJOR PENALTY. REMEMBER TO FRAME THE DISPLAY WHEN YOU WILL BE DONE WITH THE ASSIGNED DISTANCE.

**O DUMBBELL DEVIL PRESS**

THE ATHLETE AFTER HAVING TAKEN THE DUMBBELLS IN HAND, FOR THE BURPEE MOVEMENT, WHERE THE CHEST TOUCHES THE FLOOR, WITH A SNATCH OR A SWING, WILL HAVE TO BRING THE DUMBBELLS OVER HIS HEAD, TAKING CARE TO BE IN THE TOP POSITION WITH FEET IN LINE, KNEES LOCKED, HIPS OPEN, ELBOWS LOCKED AND DUMBBELLS IN MIDLINE WITH RESPECT TO THE FRONTAL AND SAGITTAL PLANES.

ONCE THE MOVEMENT HAS STARTED, THE HANDS CANNOT BE DETACH FROM THE DUMBBELLS UNTIL IT IS COMPLETED.

TO TAKE THE DUMBBELLS IN OVERHEAD POSITION, THERE MUST BE A SINGLE MOVEMENT, IT IS NOT ALLOWED TO STOP AT YOUR SHOULDERS AND THEN PUSH THEM IN THE OVERHEAD POSITION.

**O DOUBLE DUMBBELL FRONT SQUAT**

THE MOVEMENT STARTS FROM A POSITION OF FULL KNEE EXTENSION AND ALSO, WITH BOTH DUMBBELLS IN FRONT RACK POTIONS.

IN BOTTOM POSITION THE ATHLETE MUST GO BELOW THE PARALLEL (THE ILIAC CREST SHOULD BE LOWER THAN THE HIGHEST POINT OF THE KNEE).

IN TOP POSITION YOU SHOULD SEE THE FULL EXTENSION OF THE HIP AND KNEES, AND THE FEET IN LINE. IT IS POSSIBLE TO START THE FRONT SQUATS BY BRINGING

THE DUMBBELLS FROM THE OVERHEAD POSITION (TOP POSITION OF THE DOUBLE DB DEVIL PRESS) IN FRONT RACK POSITION, PROVIDED THAT THE MOVEMENT STARTS FROM A FULL EXTENSION. THE DUMBBELLS SHOULD ALWAYS BE IN CONTACT WITH THE SHOULDERS, AND THE HANDS ALWAYS IN CONTACT WITH THE DUMBBELLS.

IF THE DBS START FROM THE GROUND A SQUAT CLEAN IS ALLOWED AS THE FIRST FRONT SQUAT OF THE SERIES.

### **O DUMBBELL GOBLET SQUAT**

THE MOVEMENT STARTS FROM A POSITION OF FULL KNEE AND HIP EXTENSION, WITH THE DUMBBELL HANDLED FROM THE HEAD(S) WITH BOTH HANDS, IN FRONT RACK POSITION.

IN BOTTOM POSITION THE ATHLETE MUST GO BELOW THE PARALLEL (THE ILIAC CREST SHOULD BE LOWER THAN THE HIGHEST POINT OF THE KNEE).

IN TOP POSITION YOU SHOULD SEE THE FULL EXTENSION OF THE HIP AND KNEES, AND THE FEET IN LINE.

### **ATHLETE'S RESPONSIBILITY**

REMEMBER THE GENERAL RULE SET OUT IN PARAGRAPH 1.13 OF THE OPEN:

“IT IS THE ATHLETE'S RESPONSIBILITY TO ADHERE TO THE WORKOUT FORMAT. THIS INCLUDES PERFORMING ALL REQUIRED MOVEMENTS TO THE DESCRIBED STANDARD, COUNTING AND COMPLETING ALL REQUIRED REPETITIONS, USING THE REQUIRED EQUIPMENT AND LOADS, MEETING THE TIME REQUIREMENTS, AND MEETING ALL SUBMISSION STANDARDS.”

THE JUDGE CAN ONLY VALIDATE THE REGULARITY OF A MOVEMENT OR NOT, IT IS NOT REQUIRED FOR HIM TO, AND MUST NOT, GO TO INTERPRET YOUR MOVEMENT OR IDENTIFY THE LOADS.

**SCORING PROTOCOL**

**GOOD VIDEO:** THE ATHLETE HAS PERFORMED THE REQUIRED MOVEMENTS CORRECTLY. THE SCORE IS VALIDATED.

**VALID WITH MINOR PENALTY:** THE ATHLETE PERFORMS 1 TO 4 NO REP. THESE WILL BE REMOVED FROM YOUR SCORE (IN CASE OF REP / TIME CONVERSION EACH REP IS WORTH 2 SECONDS).

**VALID WITH MAJOR PENALTY:** THE ATHLETE PERFORMS 5 OR MORE NO REPS. IN THIS CASE THE SCORE WILL BE MODIFIED BY SUBTRACTING 15% FROM THE FINAL RESULT ENTERED. IF THE SCORE IS IN TIME, THE SWITCHING WITH THE REP / TIME CONVERSION ALREADY HIGHLIGHTED WILL BE PERFORMED.

**INVALID:** THE ATHLETE HAS NOT COMPLETED THE WOD AS REQUESTED OR HAS PERFORMED AN UNACCEPTABLE NUMBER OF NO REPS (THE ATHLETE FAILS TO COMPLETE THE WORKOUT AS REQUIRED, A SIGNIFICANT NUMBER OF REPS PERFORMED ARE "NO REPS,") OR THE VIDEO DOES NOT MEET THE REQUIREMENTS. THE ATHLETE'S SCORE WILL BE REJECTED.

CUT VIDEOS CANNOT BE ACCEPTED.

**NOTE**

REMEMBER THAT IF YOU SHOOT THE VIDEO WITH BACKGROUND MUSIC, YOUTUBE MIGHT CENSOR YOUR VIDEO. THIS WILL MAKE IT IMPOSSIBLE TO EVALUATE IT.

DO NOT USE THE CLOUD TO UPLOAD YOUR VIDEO (DRIVE, ICLOUD, DROPBOX ...) IT WILL NOT BE TAKEN INTO CONSIDERATION.

THE ONLY LINKS TAKEN INTO CONSIDERATION WILL BE THOSE UPLOADED ON YOUTUBE OR SIMILAR PLATFORMS (EG VIMEO) WHERE LOADING IN TERMS OF THE INDICATED DEADLINES CAN BE DEMONSTRATED.

THE JUDGES MAY NEED TO SEND YOU AN EMAIL, SO CHECK YOUR SPAM BOX REGULARLY IF A COMMUNICATION ENDS UP THERE MISTAKENLY.